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1 Cup Popcorn, Unsalted, Plain 30 Trace Fluid0 Trace 1 Cup Popcorn, Salted And Buttered 50 2 5 213 2 Graham Cracker Squares, Plain 60 1 0 86 4 Whole-wheat Crackers, 2 Inches Square 70 4 0 118 16 Cheese Crackers, 1 Inch Square 80 5 4510 179 4 Saltine Crackers, 1% In 16th, 2024

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